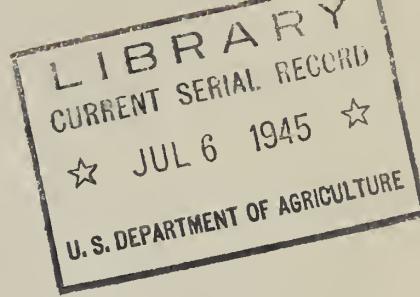


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Cap 5
COMMUNITY SCHOOL LUNCH NEWS

April 1945



Spring is with us and very welcome too, after the long, strenuous winter. Now is the time to be planning for next year's school lunch programs.

Home canners accounted for nearly half of the total civilian supply of canned vegetables and two-thirds of the canned fruits available to civilians this past winter.

In addition to this home canning, commercial production was also at record high for fresh fruits and vegetables and at near record levels for canned fruits and vegetables. But military requirements have been advancing even more rapidly. Because of heavy military requirements, coupled with strong civilian demand arising from larger wartime incomes, the supply of commercially canned fruits and vegetables available to civilians is now less than at any time during the war.

There will not be enough canned fruits and vegetables available to meet civilian demand at least until after the 1945 pack is marketed, even if the war in Europe is won before then.

HOME CANNING IS ONE OF THE NATION'S MOST IMPORTANT WARTIME PROGRAMS ON THE HOME FRONT IN 1945.

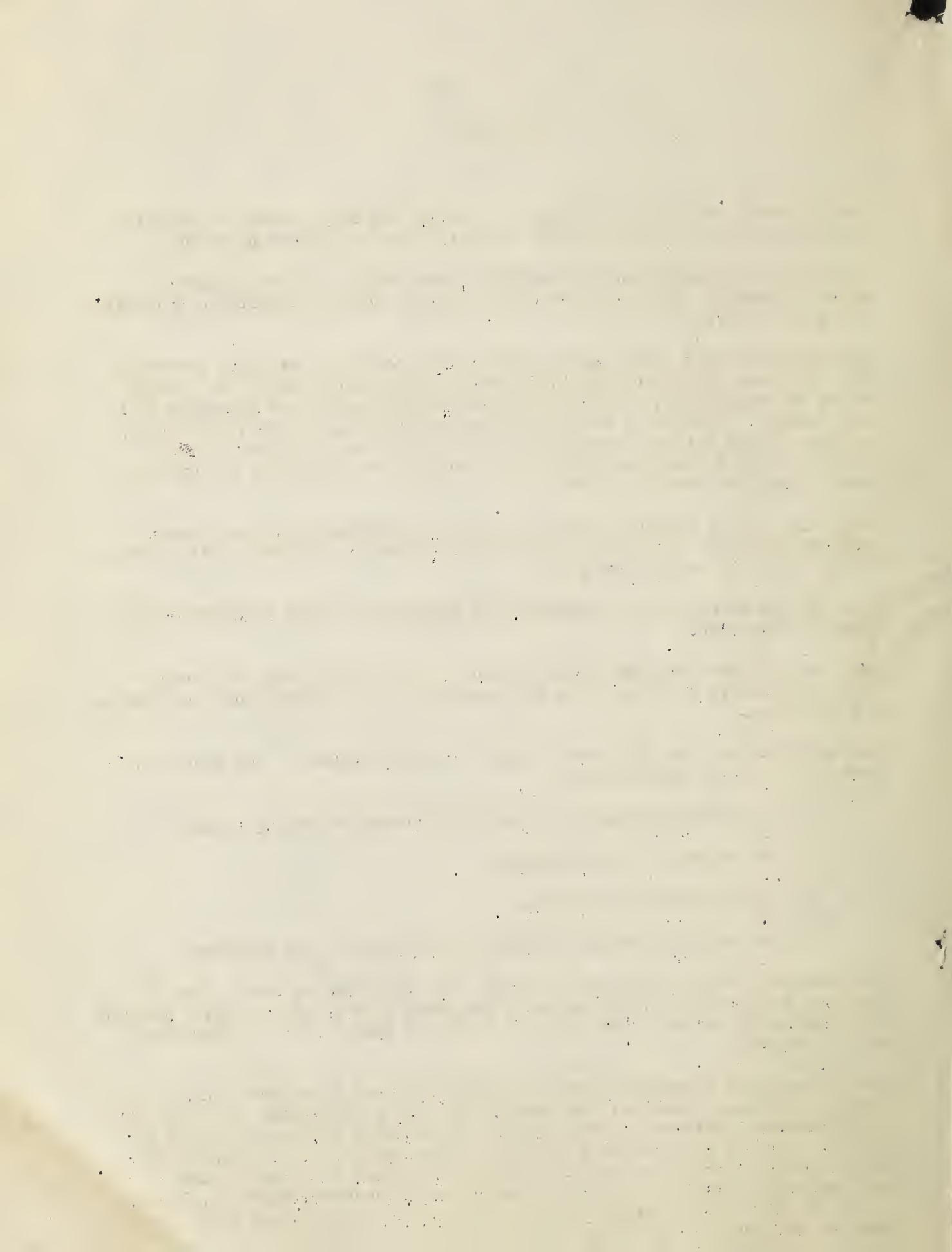
Every school lunch program should work out a food budget for next year. This budget should include fruits and vegetables to be canned and those which can be stored.

Plan your budget with the "basic seven" food list in mind. The amount of food needed can be determined by:

1. The number of times the food will be served during a week.
2. The average size of serving.
3. The number to be served.
4. The number of weeks the school lunch will be in operation.

For example: String beans, we will say, are served once a week, size of serving is one-half cup, 100 children are being served and the lunch program will operate 30 weeks. Approximately 60 No. 10 cans or their equivalent will be needed.

After the budget for canned foods and foods which may be stored, such as apples, potatoes, etc., has been worked out, the next problem is to get this food produced. This can be done by various methods, a plan which will fit into the life of your community should be considered. In some communities school gardens furnish a possible method, or perhaps it would be wiser to ask individual families to plant an extra row of carrots, tomatoes, beans, etc., for the lunch program. Plan carefully. Waste resulting from over-production should be avoided.



CANNING

It is imperative that we keep in mind that all non-acid foods to be used in the school lunch program must be canned in pressure cookers or retorts.

Community canneries are located in many areas throughout this district. These offer excellent facilities for school lunch canning.

Expert assistance on food production and preservation is available in every community. Such assistance can be obtained from Home Economics Education Advisors, Home Economics Extension and Agriculture Extension representatives located in each county.

RED POINTS ! !

Last month various sources of protein were listed. Since protein is apt to be reduced in amount in home diets, it is essential that lunch programs maintain a high protein level.

A reminder -- the protein requirements for Type A and B lunches have not been changed.

FOOD TIPS

Now is the season when wild greens are available. These greens add a welcome variety to fickle spring appetites, help balance the budget, and save precious "blue" points. Dandelion, poke shoots, lamb quarters, wild chickory, dock and many others, will soon be available. These greens are rich in vitamin A and good sources of vitamin C and iron.

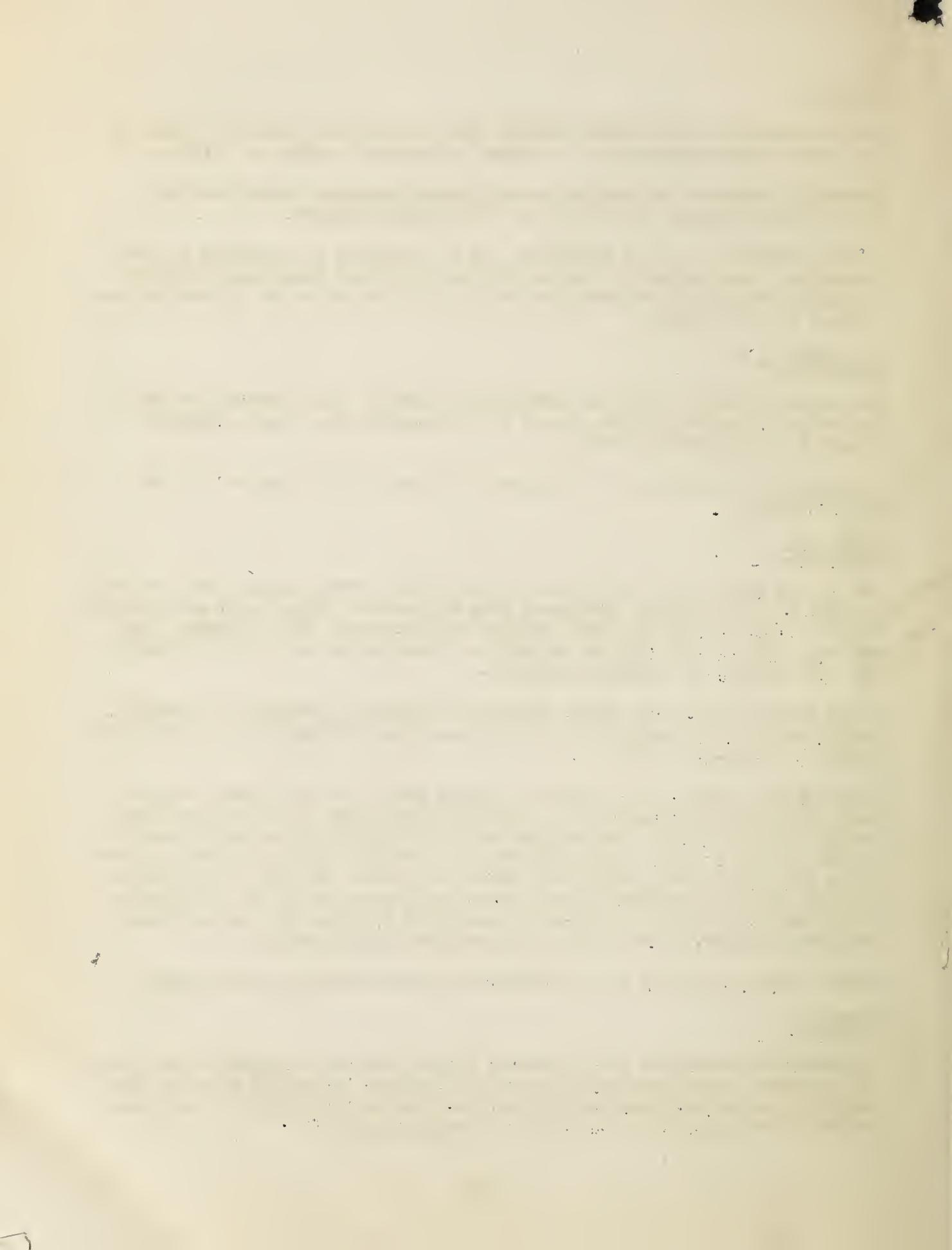
Fresh cabbage -- the new green cabbage is reaching our markets in plentiful supply now. Don't waste any of this fresh, green cabbage; it is an excellent source of vitamin A and C.

Have you ever tried cabbage rolls as a main dish. To make cabbage rolls - wash leaves and wilt them in hot, lightly salted water until they are limp enough to roll. Mix chopped cooked meat with chopped onion, stale bread crumbs or boiled rice, a little melted fat (drippings are excellent), pepper, salt, and moisten with gravy, meat stock, or water. Put some of this mixture on each leaf and roll it up. Place in a baking dish, add a little hot water, cover and bake in a moderate oven (350° F) about 3/4 hour or until cabbage is tender. Serve with a well seasoned tomato sauce.

Beets, from Texas, will be in abundance in most communities this month.

CAUTION

Warm weather emphasizes the importance of immediate and adequate refrigeration of all meats, especially cooked meats, all custard or pudding mixtures containing egg, and all gelatine dishes. One case of food poisoning will undo months of work expended on your school lunch program.



SANITATION

Do you check regularly on the methods being used in dish washing? This is especially necessary where children are assisting in this duty. For sanitary results, dishes should be scraped, rinsed and stacked. Plenty of hot water and soap are essential. After washing, dishes should be rinsed in plenty of hot, clean water. The rinse water should be so hot that the dishes will dry rather rapidly when drained. (Whenever possible, dishes should be dried by draining rather than wiping, because dish towels may carry germs.) Wash and rinse water should be changed often enough to keep it clean. You can't get a clean dish out of a pan of cool, dirty water.

Have an adequate number of clean dish towels. These should not be used for any other purpose. Towels should be washed and boiled daily and hung to dry in a clean, dust-free area.

Cloths which are used for wiping tables, stoves, or floors should never be used for washing dishes.

* * * * *

Miss Vera Hoffman, Home Economics Teacher, Factoryville, Borough High School, writes that two menus which are great favorites in their school lunch program are:

Creamed Salmon and Peas
Mashed Potatoes
Hand rolls - butter
Raw Apples - milk

Chili Con Carne
Mashed Potatoes
Rolls - butter
Raw Apples - milk.

Send us your favorite menu.

* * * * *

Good food is its own advertisement.

Food sells when it looks and tastes good.

Prepared by: District Office,
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